

"Festive Family Thanksgiving Cookbook"

Recipe

Frozen Pumpkin Yogurt Pie

Serves 10 ● Preparation time 20 minutes
Freeze time 6 hours



¾ cup canned pumpkin	1/8 tsp. ground cloves
¼ cup honey	1 quart vanilla nonfat frozen yogurt- softened
½ tsp. cinnamon	1 baked 9-inch Graham cracker crust (see recipe below)
¼ tsp. ground ginger	
¼ tsp. salt	whipped topping (optional)
1/8 tsp. nutmeg	

Combine pumpkin, honey, cinnamon, ginger, salt, nutmeg and cloves in a mixing bowl and blend well. Add frozen vanilla yogurt and blend well. Pour into pie shell. Freeze for six hours.

Cut into 10 pieces. Garnish with light whipped topping if desired.

Nutrition Facts Per Serving (without whipped topping): 268 Calories, 7 g Total Fat, 63 Calories from Fat, 1 g Saturated Fat, 293 mg Sodium, not a significant source of Cholesterol.

Graham Cracker Crust

Serves 10 ● Total Preparation And
Cooking Time 35 minutes

2 cups graham cracker crumbs (about 15 double crackers, pulverized in a blender)	1/3 cup light tub margarine spread at room temperature
nonstick cooking spray	9 inch pie plate

Lightly spray pie plate with nonstick cooking spray. In a mixing bowl, combine cracker crumbs and margarine until moist. Press into pie plate.

Bake at 350° F for 10 minutes. Let cool. Chill in refrigerator. Fill.

Nutrition Facts Per Serving (for crust only): 136 Calories, 7 g Total Fat, 63 calories from Fat, 1 g Saturated Fat, 183 mg Sodium, not a significant source of Cholesterol.

